



CATERING



*in a sustainable way*  
at Central Connecticut State University

# Welcome

This menu has been created as a guide to assist you in planning sustainable events.

**Our goal is two-fold: we are committed to protecting the earth's natural resources, while catering to your guests with excellent service, delicious menus and a memorable contemporary look.**

Some basic sustainability principles to keep in mind:

We prefer to use china or compostable disposables whenever possible. These present the most renewable, earth-friendly serving options.

- Our event will feature stunning displays with limited use of linen. This helps to conserve our natural resources in energy and water conservation as well as better manage waste.
- We purchase fresh, local foods using our area distributors when possible in order to minimize our carbon footprint.
- Many of the items featured in this guide are Fair Trade Certified, sustainably grown and organic.
- Due to the seasonal nature of many items grown in the area, some of our menus may not be available throughout the entire year.

Please use this information as a resource guide while you are planning. As always, we stand ready to work with you as we customize each event to your specific needs.

**We look forward to sustainably serving you soon!**



# Breakfast

## **Continental Breakfast\*\***

Enjoy a platter of organic baked goods, including freshly baked lemon drop and peach passion fruit scones, whole-grain bagels with cream cheese, local fruit platter, organic orange juice, Fair Trade coffee, decaf, tea packets with hot water, and lemon-mint infused ice water.

## **Breakfast Reception**

*This menu is appropriate for a variety of occasions, including high-level breakfast meetings, standing breakfast receptions, and light breakfast buffets.*

Our breakfast hors d'oeuvres menu includes individual cage-free eggs, bacon and cheese frittatas, shot glass organic yogurt and granola parfaits, seasonal fruit on bamboo skewers (grown locally when possible), served with raw sugar and sour cream, and freshly baked mini blueberry and mini pumpkin oat spice scones. Also served with Fair trade coffee, decaf, tea packets with hot water, and lemon-mint infused ice water.

## **Vegan Cookies**

Seasonal organic assortment to include pecan banana, fair trade chocolate chip, oatmeal & toasted flax seed and organic cinnamon sugar.

*For an extra touch, ask our Catering Manager about adding exhibition-style carved bone-in natural ham or banana buckwheat organic pancakes cooked on griddles in front of your guests served with organic maple syrup.*



\*\*Healthy Choice Options



# Luncheon Salads

*All luncheon menus may be presented as a served meal, family-style, or buffet-style. Please speak with our catering manager to determine which style is appropriate for your event.*

*Menus include organic lemonade, orange-infused ice water, Fair Trade coffee, decaf, and tea packets with hot water. Enjoy fresh-baked organic cookies for dessert.*

## **Mache, Parmesan, and Pear Salad with Chicken\*\***

Roasted free-range chicken breast with shaved parmesan, lightly toasted organic walnuts and pears tossed with organic extra virgin olive oil and organic mache. Includes whole-grain artisan bread and extra virgin olive oil.

## **Grilled Steak and Asparagus Salad with Hoisin Vinaigrette**

Crisp bed of organic romaine tossed with hoisin vinaigrette, topped with marinated natural sirloin, grilled asparagus and red onion. Includes whole-grain artisan bread and extra virgin olive oil.

## **Mediterranean Chicken Salad\*\***

Free-range diced chicken, organic artichokes, kalamata olives, dried currants, capers, organic cherry tomatoes and orzo, tossed with housemade lemon tarragon vinaigrette. Includes whole-grain artisan bread and extra virgin olive oil.

## **Seasonal Organic Vegetable Tartlet**

Dressed wild greens with petite heirloom beets and bleu cheese tartlet with caramelized figs and toasted rosemary vinaigrette.



\*\*Healthy Choice Options

# Luncheon Sandwiches

## **Chicken, Watercress and Avocado Sandwich with Tarragon Aioli**

Enjoy free-range grilled chicken breast, organic avocado, and organic watercress between two slices of garlic toasted bread. Served with crunchy organic potato chips and sliced seasonal organic fruit.

## **Tuna Salad on Olive Bread with Arugula**

This delicious vegetarian sandwich with red bell pepper hummus, organic cucumbers, and grilled organic vegetables, is accompanied by tabbouleh over organic mesclun greens.

## **Greek Flat Bread Sandwich\*\***

This delicious vegetarian sandwich with red bell pepper hummus, organic cucumbers, and grilled organic vegetables, is accompanied by tabbouleh over organic mesclun greens.

## **Honey Roasted Natural Pork Panini**

On local sourdough with marinated organic peach compote, horseradish mayonnaise and grilled scallions.

## **Organic Heirloom Tomato Salad Wrap\*\***

With Vermont Buffalo Mozzarella, red onion confiture, organic spinach and Za-tar spiced garlic wrap.

## **Petite Vegetable Trio**

Local Brioche rolls with organic eggplant and golden raisin tapenade, crispy organic tofu and basil marinated roasted mushroom salad.

*Consider adding housemade organic soup and additional salads to create a heartier menu.*



\*\*Healthy Choice Options

# Reception Fare

Select three hot hors d'oeuvres and two cold hors d'oeuvres. You may customize the quantity and style of service (passed, stationary or a combination) depending on the needs of your event. Please work with our catering manager to order a bar service and other items separately.

## Hot Hors d'Oeuvres

**Organic Crimini Mushrooms** stuffed with natural bacon and organic chives.

**Emapandas** with natural chicken, apples and natural cheddar cheese.

**Housemade Turkey Meatballs\*\*** (natural), served at the end of a bamboo skewer, with Thai barbecue dipping sauce.

**Filo Tartlet** filled with goat cheese and organic caramelized onion.

**Grilled Sea Scallop,\*\*** wild harvested, served amuse-bouche style with grapefruit avocado salsa.

**Tandoori Lamb** crispy natural lamb skewers with curried apple and yogurt.

## Cold Hors d'Oeuvres

**Farmhouse Organic Vegetables Crudites,\*\*** grown locally when possible, with hard-boiled cage-free eggs and pita triangles. Served with red bell pepper hummus.

**Fresh Mozzarella and Organic Cherry Tomato** with basil on bamboo skewer.

**Whole Grain Crostini** with olive tapenade and goat cheese.

**Fresh Spring Roll** with organic matchstick vegetables, including cucumbers, carrots and cilantro, with cellophane noodles. Served with spicy plum dipping sauce.

**Organic Dried Apricots** with pear and feta cheese salad.

**Crispy Organic Tofu Ganmodokis** with daikon radish slaw and sweet aka miso glaze.



\*\*Healthy Choice Options

# Dinner

*These dinner menus may be presented as a served meal, family-style, or buffet-style. Please speak with our catering manager to determine which style is appropriate for your event. All menus include a salad of organic mesclun greens and rustic whole-grain bread with extra virgin olive oil. Included beverages are lemon-infused ice water, Fair Trade regular and decaffeinated coffee, and Fair Trade tea packets with hot water. You may select on dessert below.*

*Please speak to our catering manager regarding wine service and additional courses.*

## **Braised Pot Roast**

Enjoy the comfort of cabernet braised natural pot roast over creamy organic parsnip whipped mashed potatoes, served with roasted fresh organic beets.

## **Chicken Provencal**

Savor the juiciness of our rosemary natural chicken breast in a creamy cognac sauce over organic olive cous cous. Accompanied by organic baby carrots with balsamic vinegar and extra virgin olive oil.

## **Grilled Vegetable Stack\*\***

Layers of organic eggplant, zucchini, yellow squash and provolone in a pesto sauce, served with oven-roasted organic potatoes.

## **Arctic Char Cassoulet\*\***

Roasted char with seasonal organic vegetables fricassee, heirloom Anasazi beans and local tomato confiture.

## **Organic Ricotta Salata Ravioli**

Braised wild mushrooms, local English Peas, sweet tendrils & candied organic lemons.

## **Dessert Selection**

**Chocolate layered cake** with organic whipping cream and chocolate shavings.

**Organic apple galette** served with vanilla ice cream.

**Organic creme brulee** served with seasonal fruit (locally grown when possible).



\*\*Healthy Choice Options

